



Fall Run of Distemper

MAY BE WHOLLY AVOIDED BY USING **SPOHN*S** A small outlay of money brings very great results. It is a sure cure and a preventive if you use it as per directions. Simple, safe and sure. The large size is twice the quantity and an ounce more than the small size. Get your horses in best condition for late fall and winter. All druggists, batness desiers or manufacturers.

The Last Word.

The sweet ; oung thing thought she was making a huge success.

"There is only one thing I can't understand," he started to say.

"Only one?" she asked, without let-"There was one. Now there are two. The second is why some girls never learn that it is only the pretty ones

who can afford to be impertinent."-Ottawa Citizen.

Mrs. Houlihan-Phwat a fool Ol

was! Of niver saw yez till the day before me unforchnit marriage.

Houlihan-Faith. Oi wish ye hadu't seen me till the day after.-Boston Transcript.

Steamed puddings and steamed

Goshen, Ind., U.S. A. Spohn Medical Co.

To Be Safe. The prima donna was reading the

ough draft of her new contract. When she came to the paragraph providing that she should have transportation for herself, maid, dog and Sig. Gazibenani, her husband, she drew a line through the signor's name. "Just put that husband," she or-

"Yes, madam," assented the manager. "But why, if I may ask?"

The diva blushed and coyly ducked her head. "I may wish to make a change," she answered.

Anoint the eyelids with Roman Eye Bal-sam at night, and in the morning observe the refreshed and strengthened sensation in your eyes. Adv.

Let potatoes lie in cold water for a little while before paring if you wish

them to be white.

Mince pies can be made without breads can very well be cooked in the meat and with plainer crust if you

When you have a severe, stubborn cough or cold, you need the best possible When you have a severe, stubborn cough or cold, you need the best possible medicine you can get. Why not, therefore, get one which is guaranteed the most soothing and satisfactory remedy ever used, or get your money back? Druggists everywhere are authorized to refund money if SCHIFFMANN'S EXPECTORANT is not found the very best ever used for Coughs, Colds, Bronchitis, Croup, Whooping Cough or Hoarseness. When mixed at home with honey or sugar syrup, 50 cents worth makes 64 teaspoonsful. Positively contains no chloroform, opium, morphine or any other narcotic, and is unlike any other cough medicine. It is so pleasant to take that children are fond of it. In case druggists should not have it order direct of R. J. Schiffmann, St. Paul, Minn. should not have it order direct of R. J. Schiffmann, St. Paul, Minn.

Acid-Stomach Makes Millions

Indigestion—dyspepsia—sour stom-achs—bloated, gassy stomachs—belchy, miserable-feeling stomachs—these are

What a lot of misery they causel How Acid-Stomach, with its day-after-day sufferings, does take the joy out of life! Not only that — Acid-Stomach is always undermining one's health. Think of what acid does to the text, here the acid acts through the teeth-how the acid eats through the enamel, causing them to decay.
Is it any wonder, then, that AcidStomach saps the strength of the
strongest bodies and wrecks the health

of so many people? You see ACID-STOMACH victims everywhere always ailing. They can't tell exactly what is the matter; all they say is, "I don't feel well"—"I'm all in; tired, sickly." If they only knew it, nine times out of ten it is Acid-Stomach that is ailing them. It surely makes good digestion difficult, causes food to sour and ferment in the bowels, weakens the blood and fills the system with poisons. It prevents one from getting the full strength out of their food.

Take EATONIO and get rid of your Take EATONIC and get rid of your Acid-Stomach. This wonderful modern remedy actually takes the excess acid out of the stomach. It quickly and positively relieves bloat, heart-burn, belching, food repeating, sour, gassy stomach, and the pains of indigestion. Makes the stomach cool and comfortable—keeps it sweet and strong. Banishes all stomach troubles so completely that you forget strong. Banishes all stomach troubles so completely that you forget you have a stomach. You can eat what you like and digest your food in comfort, without fear of distressing after-effects. EATONIC helps you get full strength out of every mouthful you eat—and that is what you must have to be well and strong—full strength from your food.

Get a big box of EATONIC from your druggist TODAY. We authorize him to guarantee EATONIC to please you. If it fails in any way, take it back; he will refund your money. If

you. If it fails in any way, take it back; he will refund your money. If your druggist does not keep EATONIC, write to us and we will send you a big 50c box. You can send us the 50c after you receive it. Address H. L. Kramer, President, Eatonic Remedy Company, South Wabash, Chicago, Ill.

Kindergarten **Helps for Parents**

Articles Issued by the Department of the Interior, Bureau of Education and the National Kindergarten Association

MUSIC IS A NECESSITY

By MRS. HARRIET AYERS SEY- York, for \$1.25. MOUR.

music was God's special gift to mothers and children, and so she began trouble is, most of us do not listen. singing regularly with each of her

There are many lovely songs which cheerful singing reply. a mother can learn, and the best of all are the folk songs of different a simple ascending scale will soon

Archibald T. Davison and T. W. child of "I am hiding here." Surett have collected some excellent and familiar ones in an inexpensive book called "Fifty Rote Songs," published by the Boston Music company, tune and swing the rhythm with the These include English and other foreign folk songs.

breakfast and a quiet one as he lies lines on the blackboard to show this down to go to sleep—these will sink in duration, thus: deep and form a wonderful foundation Let them find in which direction the for the music of his life.

lar singing time. Five o'clock is a tion with a sweep of the hands or good hour. The children of whom I drawing a sweeping line on the blackspeak had a "singing party" every day board. at five, and sometimes the neighbors came in and sang with them. Their mother grew to be such a strong influence in the community that many or birds in the air. persons came to her for advice and refreshment.

Singing Instead of Nagging. Nagging is often simply a lack of something better to do. A friend of this woman in speaking of her home life said, "She has substituted singing for nagging."

"Small Songs for Small Singers" by Neidlinger (G. Schirmer, New York publisher; \$2.50 illustrated; 75 cents vithout illustrations) is a good collection for children from four to six years old. These songs are very musical, simple, and rather full of jokes -"jokey" as one child said.

Here are the words of a great favorite in this collection:

Mister frog came out of the pond one day, And found himself in the rain; Said he: "Til get wet, and I may catch

cold.
So he jumped in the pond again.
Joy is the best tonic there is, and happiness creates health. The children's song-hour will affect the atmosphere of the whole house.

lection of "Nature Songs for Chil- brings heaven to earth.

by Knowlton, published by Mil Bradley company, Springfield for \$1, and there are lovely ctions by Eleanor Smith and Jes-

Any mother who has bad the regulation music lessons can play simple songs and can learn to guide her children into a singing life.

Teach the children to listen to birds and to remember their calls. There is a book of bird-calls by Olds which is very good. Its title is "Twenty-five Bird Songs for Children" and it is published by G. Schirmer, New

Sing, "Come and be washed," in-I know a mother with four children stead of saying it. Here is a little who made up her mind that home tune spontaneously sung by a child should be a very heaven. To her, of six: "Something ever, ever, sings." The little child was right, but the

> Ask your question in song, mother, and soon you will be answered by a "Baby, where are you?" sung on

bring a musical reply from a hidden

Play softly, sing gently and listen. Teach to Follow Tune.

During the day take some familiar arms. Let the children step it, finding out where the slow and quick steps A gay song for baby as he eats his come. Afterward, have them draw

tune goes, up or down, and make pic-With the older babies have a regot tures of it either denoting the direc-

> Singing, swinging, stepping and making pitch and duration pictures, the children live in music as fish in water

> If there are quarrels and tears, play something pretty and think the word Harmony. See how this calms the atmosphere. The mother I speak of controlled her children almost entirely through the power of constructive thought and music. They easily yielded to the word Peace sung gently over and over.

Mothers, if they only knew it, have the making of a new world of love in their keeping, and music is a torch to light them on the way.

To a mother who does not know any music, I say, if you can, get some one to come for an hour every day to sing with your children at twilight. See to it that the words of the songs are constructive and beautiful and learn to sing a little yourself. Every one can sing a little.

Join the community chorus and if there isn't one, start one. "A singing army is a winning army."

Another good lot of songs is a colling family and music the link that

REALITY FOR RUTH

By MRS. MARGARET STEEL HARD.

was passing the playroom, my small child as well as for "grown-ups," daughter's domain, and stopped to glance in, but finding her absent I did countless avenues for explanation and not linger. However, an impression of discussion opened up through the comthe room did linger, and it finally grew radeship engendered by doing these to sufficient proportions to demand my tasks together, nor the numerous small conscious thought.

What was there about the charming, sunny room with its Mother Goose frieze and carefully chosen toys that derly. That was it, orderly in the sense of being unused.

I paused and reflected how little time Ruth really spent in the playroom; she was always somewhere else. Where was she, in fact, at that particular moment? Brief search discovered her vigorously sweeping the back porch where some drifting leaves had

"Why is it?" I said to myself as I poured the boiling water into the dishpan and swashed the soap-shaker up and down absent-mindedly. "Why is it that she prefers sweeping the back porch to playing with her doll's house? Why does she hang about the kitchen watching me cook instead of using that fascinating doll's stove of hers?"

Children Anxious to Help. "It is because she craves the actual

and real experience, I suspect." Before I knew it I had brought my small cutting table, low enough for Ruth to reach, placed it beside the sink, covered it with a heavy towel and put the drain basket thereupon. Then calling to her I pointed to the dishtowels hanging in a crisply folded row and said: "Would you like to wipe the dishes for me after this?"

Perhaps you do not think six-yearold help very competent, but I assure you that mine has broken but one saucer in over half a year, and that the glasses and silver are not only wiped until they shine as brightly as the crystal and silver of the proverblal fairy palace, but that by the time I have hung my towels to dry, the last dish has been put safely away, by a little girl who must use the kitchen stool, deftly maneuvered, as a means to reach high shelves. Nor has the task ever become irksome. Indeed there has been only a demand for further duties, so that dusting, putting away laundry, making her crib, and greatest of all delights, cooking the cereal and apple sauce for her own and little brother's supper, have been added to the list.

Value of Comradeship.

And so the little duties grow and best of all so grows Ruth. She is finding her diminutive place in society and feeling herself a potent member of the family group. Through actual participation in the responsibilties of her nome she is gaining the power to adjust herself to life as she finds it, what

One morning a few months ago I | which is the secret of comfort for a

problems of conduct which they solve, But try it yourself. It is not at all new. In truth I suppose it to be one of the answers to the old question: vaguely troubled me? It was too or- "How could great-grandmother bring up a family of fourteen children with so little nerve-strain?"

THE KINDERGARTEN

By DR. LYMAN ABBOTT.

The kindergarten is more than a particular form of school. It is an essential principle of education-the principle that education is growth, not manufacture. The kindergarten is a child garden; the home and the school are the soil; bad habits are the weeds; the parents and the teachers are the gardeners; education is preparing and enriching the soll, planting the seeds, weeding the garden bed; the kindergarten plays and songs are garden tools; a cheerful spirit, a genial humor, a spirit of kindness and sympathy are the necessary sunshine; sorrow, trials, temptations, tears, discipline are the necessary rain. The primary school, the grammar school, the high school, the college, should all be child gardens in which the growing youth should be guided in his growth, but always encouraged to grow naturally, simply, healthfully into whatever flower and frult his nature fits him for. The motto for the parent and the teacher, should always be: "Consider the liljes of the field how they grow;" and the model of the parent and the teacher should always be the divine model furnished by God's work in creation. "And God said, Let the earth bring forth grass, the herb yielding seed. and the fruit tree yielding fruit after

If we will plant the children of our immigrants in American soil, give them American companions, teach them in the American language, let them breathe American literature, discipline them in the American art of self-government, warm their hearts in the sunshine of American tendencies, sympathy and good fellowship, and always respect the nature which God has given them however it may differ from ours, they will grow up loyal, patriotic, devoted Americans.

Pat's Version. "Eld ye hear the bad news?"

"Trey've called off the war, just as re were beginning to show those Huas real fight was like."



Half a Century Ago

Half a Century Ago, every community could be supplied to some extent with locally dressed meat, drawing on live stock raised nearby.

Now two-thirds of the consuming centers, with millions of people, are one to two thousand miles away from the principal live-stock producing sections, which are sparsely settled.

The American meat packing industry of today is the development of the best way to perform a national service.

The function of providing meat had to develop accordingly. Those men who first grasped the elements of the changing problem created the best facilities to meet it-large packing plants and branch houses at strategic points, refrigerating equipment (including cars), car routes, trained organization, profitable outlets for former waste - which became the natural, inevitable channels for the vast flow of meat across the country.

If there were a better way to perform this necessary service, American ingenuity and enterprise would have discovered it, and others would now be using it.

During 1918, Swift & Company has earned a profit on meats (and meat by-products) of less than 21/2 cents per dollar of sales-too small a profit to have any appreciable effect on prices.



Swift & Company, U. S. A.



Down to Earth. Mrs. Penvish says that before they were married Mr. Peavish liked to hear her sing "Home, Sweet Home,"

and now he likes to hear her rattle dishes on the table.-Galveston News. KIDNEY TROUBLE NOT EASILY RECOGNIZED

Applicants for Insurance Often Rejected

An examining physician for one of the prominent life insurance companies, in an interview of the subject, made the astonishing statement that one reason why so many applicants for insurance are re-jected is because kidney trouble is so common to the American people, and the large majority of those whose applications are declined do not even suspect that they have the disease.

Judging from reports from druggists who are constantly in direct touch the public, there is one preparation that has been very successful these conditions. The mild and healing influence of Dr. Kilmer's Swamp-Root is soon realized. It stands the highest for its remarkable record of success. We find that Swamp-Root is strictly

an herbal compound and we would advise our readers who feel in need of such a remedy to give it a trial. It is on sale at all drug stores in bottles of two sizes, medium and large. However, if you wish first to test this

great preparation send ten cents to Dr. Kilmer & Co., Bingbamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

Beyond Him. Geraldine-"How old do you suppose I am?" Gerald-"I'm no statistician."-Boston Globe.

How's This? We offer \$100.00 for any case of catarrh that cannot be cured by HALL'S CATARRH MEDICINE.

HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System. Sold by druggists for over forty years. Price 75c. Testimonials free.

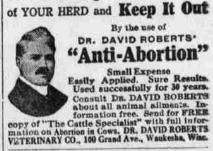
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Empty heads contain a lot of useess information.

A true friend is one who never reunds you of your best traits.



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